

# Tomato Pasta Soup

Meal Components: Vegetable, Vegetable - Red / Orange, Grains

Soups & Stews, H-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato juice		1 qt 2 cups		3 qt	1. In a heavy pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt, and pepper. Simmer for 10 minutes. Remove bay leaves. CCP: Heat to 140°F or higher.
Lowfat 1% milk		1 qt		2 qt	
Dried bay leaf		2 each		4 each	
Canned tomato paste	2 oz	1/4 cup (1/8 12 oz can plus 2 Tbsp)	4 oz	1/2 cup (1/3 12 oz can plus 2 Tbsp)	
Sugar		2 Tbsp		1/4 cup	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Celery salt		1/2 tsp		1 tsp	

Enriched elbow macaroni	11 1/2 oz	2 2/3 cups	1 lb 7 oz	1 qt 1 1/3 cups	<b>2.</b> Cook pasta in boiling water about 8 minutes or until tender but firm ("al dente"). Drain and add to soup.
OR	OR	OR	OR	OR	
Enriched alphabet pasta	11 1/2 oz	2 cups	1 lb 7 oz	1 qt	<b>3.</b> CCP: Hold at 140°F or higher. Portion with 4 oz ladle (½ cup).
OR	OR	OR	OR	OR	
Enriched orzo	11 1/2 oz	1 2/3 cups	1 lb 7 oz	3 1/3 cups	

#### Notes

##### Special Tips:

For variety, use a combination of all three types of pasta. For 25 servings, use 11 ½ oz. For 50 servings, use 1 lb 7 oz.

Garnish with grated cheese.

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¼ cup of vegetable and the equivalent of ½ slice of bread.	<b>25 Servings:</b> 6 lb 13 ½ oz	<b>25 Servings:</b> 3 quarts ½ cup
	<b>50 Servings:</b> 13 lb 11 oz	<b>50 Servings:</b> about 1 gallon 2 ¼ quarts

Nutrients Per Serving					
Calories	88	Saturated Fat		Iron	1 mg
Protein	4 g	Cholesterol	2 mg	Calcium	58 mg
Carbohydrate	17 g	Vitamin A	465 IU	Sodium	278 mg
Total Fat	1 g	Vitamin C	12 mg	Dietary Fiber	1 g